

Community Garden News

City of Loma Linda

April 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

April is Stress Awareness Month

1. Stress promotes memory loss!

The scientists at the University of California at Irvine have found that elevated levels of stress hormone can hinder the ability of rats to find their way back to a hidden target.

2. Eating a diet high in fruits, vegetables and whole grains can not only improve your physical health and heart but can also help reduce stress.

3. Get outside take a deep breath and enjoy nature! A moderate to brisk walk, or any kind of physical activity is a great stress reliever



April Brings Spring Cleaning!

March is long gone and Spring is in high gear. Are you ready? Mother Nature won't wait for you. There are plenty of things that need to be done this month in the yard and garden, so after you have finished reading this, get out there and dig, plant, prune, seed, and fertilize! Early in the month of April, using a high nitrogen fertilizer, fertilize all fruits except for strawberries. Soft berries will form if strawberries are fertilized early.



1. Now is the time to remove part of the mulch from strawberry plants. Leave the mulch between the rows in order to re-apply in the case of predicted frost.
2. Plant cold tolerant crops outdoors. To ensure continuous harvest of salad crops, repeat sowings every two weeks. Cold tolerant vegetables include: Broccoli, Peas, Radish, Carrots, Spinach, Endive, Celery Collards, Brussel Sprouts, Cabbage, Cauliflower, Kohlrabi and Lettuce.

3. Put collars around young transplants to prevent cutworms and cabbage maggots.

4. Start seeds indoors for warm season vegetables. Such vegetables include: Tomatoes, Peppers, Melons

5. When Daffodils bloom, plant : Onion Sets, Swiss Chard, Beets, Parsnips, Parsley

6. Fertilizer high in phosphorus promotes strong root growth.

7. Early in the month of April, start annual flower seeds. These seeds can be transplanted outdoors after May 20.

8. Uncover and fertilize established Roses. At this time, prune back any dead or old canes to encourage new growth.

9. Landscape plants are still dormant - now is the time to move them. This will give the plants time to become re-established before the hot summer months.

10. Time to get rid of pests! Clean the garden of leaves and debris. Closely inspect the ornamental trees, shrubs and pines for insects.



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GET FIT !

1. Use the stairs instead of the elevator. Start with one flight of stairs and gradually build up to more.
2. Rake leaves, mow the lawn, trim the hedge or pull weeds.
3. Sweep the floor, wash windows or vacuum the carpet briskly.
4. Go dancing instead of seeing a movie.
5. Take your children to the park and play with them. Don't just sit on the bench and watch.
6. Take an activity break. Get up, stretch and walk around.
7. Hide your remote control and get up to change the channels on your television.
8. Vacuum & clean windows for exercise!



Heart Disease Workshop Highlights



Presenter Amber Foisy
Giving one-on-one advice

Some very informative material came of the cardio vascular workshops from our LLU School of Public Health masters students. Did you know that last year 42% of deaths were caused by heart disease? Risk factors for heart disease include; family history, cigarette smoking (current or cessation within 6 months), hypertension (Systolic ≥ 140 mmHg, Diastolic ≥ 90 mmHg), hypercholesterolemia (TC ≥ 200 mgdl, HDL ≤ 40 mgdl, LDL ≥ 130 mgdl), impaired fasting glucose (BGL ≥ 110 mgdl), obesity (BMI ≥ 30 kg/ml), diabetes, and physical inactivity. The Surgeon General suggest that every American adult should accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week. Moderate physical activity would include brisk walking, climbing stairs, expending more energy in housework and gardening and engaging in recreational pursuits.



Door prize winner
Amanda Baker

3-5x/week=for cardiovascular benefit
5-6x/week=for weight loss management

In our heart disease workshops we discovered the importance of aerobic and anaerobic exercise, eating meals consistently, and including fresh fruits and vegetables as part of a daily diet. Demonstrations, taste testing of heart healthy recipes, and a door prize made for an exciting and educational evening.

The next free nutrition workshop will be presented on April 12th at 6pm. For more information please contact Joanne Heilman, or Melissa Adamson at 909-799-2810



Nutrition students
preparing smoothies



RECIPES TO PREVENT CARDIO VASCULAR DISEASE



Fruit-Protein Smoothie

$\frac{1}{2}$ cup orange juice
1, 3 inch length of banana
3-4 strawberries
 $\frac{1}{3}$ cup of nonfat yogurt
1-2 teaspoons of honey
2 ice cubes
1 tbs. Of healthful ingredient
(examples:
protein, flax seed,
vitamin C)

Date-Walnut Smoothie

6 oz nonfat milk
1 tbs. powdered milk
2-3 large dates
(soft, pits removed)
2 tablespoons of
walnut pieces
3 ice cubes
 $\frac{1}{4}$ teaspoon vanilla
optional* 1 banana

